

# Southeastern Arizona Intergroup of Overeaters Anonymous

## DESERT RECOVERY

November / December 2007

PO Box 43221, Tucson, AZ 85733-3221

### Upcoming OA Events

**November 17, 2007**

**IDEA Day**, hosted by all Sierra Vista groups, at the Church of Christ, 815 El Camino Real.

**November 22, 2007**

**Thank-a-Thon**, held on **Thanksgiving Day**, at St. Francis in the Foothills Church, 4625 E. River Rd., Tucson.

**February 23, 2008**

**Unity Day**, hosted by all the Green Valley groups, at St. Francis-in-the-Valley Episcopal Church, 600 S. La Canada Dr.

**September 19-21, 2008**

SEAZ Intergroup to host **Region III Convention & Assembly**, in Tucson, AZ. Call Marilyn B. at 520-4- or Karen S. at to volunteer for a committee or to get more info.

**Get your events listed in the Desert Recovery!**

Email Peggy at: [desertrecovery@hughes.net](mailto:desertrecovery@hughes.net)  
or

**Check out our recently launched website:**  
[www.oasouthernaz.org](http://www.oasouthernaz.org)

### **INTERGROUP IN ACTION**

*I went to the 12-Step Retreat in St. David, Oct.26-28, and it was so good for me. Each OA event I attend teaches me a little bit more about myself and my program. Now that we have entered the holiday season I need to take advantage of every opportunity I can to keep my OA program healthy and strong. On Nov. 17, I'll be heading to Sierra Vista to attend the International Day of Experiencing Abstinence (IDEA) event. And then the following week I'll be at the Thank-a-Thon getting more program instead of extra food in me.*

*Besides going to program events, I do service to keep the program with me as much as I can. One of my favorite service jobs was as an Intergroup Rep (IR) and I heartily recommend it to any of you thinking about doing more service. Here is how our bylaws describe an IR:*

***The primary responsibility of the IR (or alternate) is to represent the group at all meetings of the Intergroup, to act as a liaison between Intergroup and the OA group, to see that all communications pertaining to Intergroup are made available and, where requested, read aloud to the group.***

*If you are looking for what's happening locally in OA, check out our new website at <http://www.oasouthernaz.org/>. You'll be able to view information about upcoming events, service opportunities and much, much more. Happy and Healthy Holidays to you from me.*

*Janis R., Intergroup chairperson*

### **TOP 10 REASONS TO BE ABSTINENT**

10. Nothing tastes as good as abstinence feels
9. Abstinence allows me freedom from refrigerator jail.
8. Abstinence leads to health and wholeness.
7. Abstinence satisfies my body, mind and soul.
6. Abstinence opens new doors to life and liberty.
5. Abstinence gives hope where despair once lived.
4. Abstinence ushers peace never experienced before.
3. Abstinence offers a life filled with real life joy.
2. Abstinence puts me in touch with my Higher Power daily.
1. **Abstinence is the most important thing in my life—without exception.**

### **OUR RECOVERY TOOLBOX—SPONSORSHIP**

*The support and assistance we receive from our sponsors is one of the most beautiful blessings of the OA program. They share with us their experience, strength and hope, and we invite them to guide us in our recovery. The one-on-one sponsoring relationships in OA are like the nails that hold a house together. **We need not wait for someone to offer to sponsor us. We can ask. We can take stock of our sponsor relationship, to ensure that we are both doing our part.***

*Reprinted from Arizona in the Desert newsletter, September 2007.*

### “ KINDNESS AND LOVE”

*At this time of season when we give thanks, I recall the words of Mother Teresa, “Do very small acts of kindness with great love.” I was a co-worker to Mother Teresa for two and a half years and during that time I observed her order, the Missionaries of Charity, exemplify kindness and love in all they did. Mother Teresa said, “Even a grain of sand, if taken out of the ocean, makes a difference to that ocean.” Small things make a difference.*

I've been in OA for 30+ years. A simple telephone call, a look of concern, giving someone a big hug, or helping a newcomer feel welcome may all be small acts of kindness that can change a life, even if it isn't evident at the time. One small act, given with great love, can make a difference to the giver or receiver or both.

*Two of my favorite expressions in OA are “being willing to go to any length it takes” and “I want to be well more than I want to stay sick.” When I first came to OA, I was very needy and helpless. I soaked up the program like a sponge and it became a strong healing force in my life. I gave service and I felt needed. I shared and people listened, with respect. I developed deep, close friendships. I laughed and cried with others, and felt cared for and appreciated.*

Slowly, as I recovered, I was able to give more than I needed to receive. The small acts of kindness I received from others grew also in me. I grew in my faith and closeness to my Higher Power and in my love for others. Because I was “willing to go to any length” and because “I wanted to be well more than I wanted to stay sick,” I am now able to be a sponsor, encourage others, start new meetings, bring new people into program, share the years of my experience with others to renew their hope, and be a healing force in many lives, as they were in mine.

***Do one small act of kindness. One grain of sand makes a difference. Have a Blessed Thanksgiving!***

Contributed by Elyce S.

### THE OA PROGRAM IN ACTION

<b>STEP ELEVEN</b>	<b>STEP TWELVE</b>
Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.	Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.
<b>TRADITION ELEVEN</b>	<b>TRADITION TWELVE</b>
Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, televisions, films, and other public media of communication.	Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.
Excerpted from <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i>	Pages 99 and 199

### RECOVERY: SWEET TASTE OF SUCCESS

*I always hate to see the displays of Halloween candy being put out in the stores. To me, it signals the start of what I call “sugar season.” I define it as that period of time spanning at least six months of the year when one holiday closely follows another and all seem to be celebrated with sweets of many kinds to tempt the compulsive eater. It begins with Halloween, followed by Thanksgiving, Christmas, Valentine's Day, and finally wraps up with Easter.....otherwise known as October through March. This year some local stores put out the Halloween candy before Labor Day, so those sweet things appeared in August and will probably stay there until the after-Easter discounts are done about April 1<sup>st</sup>---no fooling!*

***During this blessed, but also treacherous, time of year, rely on the tools of OA. Attend an extra meeting, call someone if you're dreaming about sugar plums, read the literature of the program, discuss your plan of eating with your sponsor, write down your feelings about “sugar season,” volunteer to clean up after a meeting, but leave everyone's anonymity on the table when you depart. Most of all, remember that our Higher Power “can and will do for us what we cannot do for ourselves.” It is OA's most fundamental promise! Happy, Joyous and Free Holidays to you all.***

Peggy, newsletter chair